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EDMONTON • THURSDAY, OCTOBER 23, 2008 metronews

Celebrity pg 18

Hannigan to become a mother for first time



Your views on the news

COMMENT Any successful news organization does its best to engage the readers it serves. You'll notice this week in your Metro Edmonton a brand-new daily page called Comment & Views.

It offers commentary and news analysis by experts, and also provides our tens of thousands of daily readers a platform to share their voice: not only on the news of the day, but anything they want to get off their chest — within the bounds of taste and civility.

We invite comments on stories that strike a chord and ask you to send your thoughts to edmontonletters@metronews.ca. All we ask is that you keep it short, to the point, include a phone number and full name and we'll take it from there. Looking forward to hearing from you soon!

ROB McLAUCHLIN
MANAGING EDITOR

Canada pg 6

Liberals line up to replace Dion

Small Biz pg 9



Businesses go greener

Sports pg 12

Columnist 'calls 'em like he sees 'em'



Calgary **Beautiful biathlon**

Five members of Canada's elite women's biathlon team roller-skied down Calgary's Stephen Avenue yesterday to promote their new 14-month 'nude' calendar called "Bold Beautiful Biathlon." The calendars, which go on sale for \$25 on Nov. 1, will help raise money for team costs leading up to the 2010 Olympics in Vancouver.

ROBIN KUNSKI / METRO CANADA

Police nab 1,695 in one-day ticket blitz

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Over 1,500 drivers will be paying hefty fines for speeding, even though police made their intentions to hold a ticketing blitz loud and clear throughout the day.

Operation 24 Hours wrapped up yesterday, and nailed 1,695 people for everything from seatbelt violations to impaired driving, with repercussions ranging from tickets to mandatory court appearances.

The hottest spot for speeders were the race-track curves of Groat Road, where five officers were needed to deal with the sheer volume of driving offenders.

One motorist on Anthony Henday Drive was clocked going 203 km/h, and another was recorded driving at 159 km/h. The speed limit on the Henday is 100 km/h.

Another driver was clocked on 23 Avenue driving 109 km/h in a 60 km/h zone.

The speeding enforcement blitz was announced in the media, and on road-side signs.

Mouties, Alberta Sheriffs, the Office of Traffic Safety, and the City of Edmonton Transportation Department were all involved.

Deposits set to soar

Can, bottle returns will hit 10 cents Nov. 1, province says

JEFF CUMMINGS
jeff.cummings@metronews.ca

Tired being told to take the cans and bottles to the depot or being asked to crush and clean those unwanted milk jugs for recycling?

You now have an excuse to delay that chore until Nov. 1 — later if you want to make some money on plastic milk containers, the province announced yesterday.

All deposits on all beverage containers under a litre

will rise to 10 cents — up a nickel — beginning in November and anything over a litre will be 25 cents. That includes bottles of pop, beer, wine and booze.

"The public is demanding that we move forward with this," said Environment Minister Rob Renner.

The hikes in deposits — the first substantial rise in 20 years — also include plastic and milk cardboard containers in June 2009.

The government says two billion containers are sold in Alberta each year, but

"The public is demanding that we move forward with (these hikes)."

Rob Renner

500 million are not returned to bottle depots for recycling.

A delay in including a deposit for milk jugs is needed for depots to ready themselves in making changes to handle the containers, along with educating

residents about cleaning the cartons before they visit the depot, said Renner.

Gord Boys, a co-owner of the Summerside Bottle Depot, expects hiccups at depots across the province since a few customers won't get the message about cleaning the milk cartons at first, but says it is a step in the right direction.

"When you pay out 10 cents versus the current five cents at the retail level, you have double the incentive to return containers," said Boys.

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Trick or treat at the mall

Kids are invited to West Edmonton Mall on Halloween from 5 p.m. to 9 p.m. for safe and warm trick-or-treating and a few games and magic tricks. The first 200 children to the mall will get a free goodie bag. **METRO EDMONTON**

3

Local



Gussy up in ghoulish guise

Put on your dancing shoes and your most inspired attire, because the GOMP Halloween Fashion show will be taking over the Artery (9535 Jasper Ave.) tomorrow. Included in the price of admission is a potluck dinner at 6 p.m., costume judging with prizes. Cash bar, tickets are \$15 at Foosh, \$20 at the door (\$5 off with a carved pumpkin).

METRO EDMONTON

UGLY BETTY

9 Tonight

Citytv

ROGERS

Ministers travelling to promote Alberta

GOVERNMENT Finance Minister Iris Evans will be promoting Alberta's oil, coal and natural gas to businesses in Houston beginning Saturday for five days.

Evans will attend the Global Refining Strategies Conference. The trip will cost taxpayers around \$12,000.

Energy Minister Mel Knight will fly to London, England, for a six-day trip beginning Saturday. Knight will promote Alberta's carbon capturing initiative. His trip will cost taxpayers \$16,250.

METRO EDMONTON**metronews.ca**

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Lotteries

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These results are not official.

Lucy's vet defends zoo

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Lucy the elephant is healthy, but too sick to survive a move, staff at the Valley Zoo insist, responding to calls for her be sent to a sanctuary in Hohenwald, Tenn.

"Aside from her tooth problem and her arthritis, she's a very healthy elephant," said the zoo's veterinarian, Milton Ness. "Under stress, we're worried her capacity to breathe could be diminished."

Lucy spends most of her days with handlers, who have been by her side for over 15 years each. She paints, plays soccer, and is incredibly smart.

"She's a princess and a drama queen," said handler Maureen Anderson.

A small controversy has been brewing around the 8,600-pound Asian elephant, and North America's foremost elephant sanctuary wants Lucy to escape Edmonton's frigid tempera-



The Valley Zoo's Asian elephant, Lucy, with her friend and caretaker of 19 years, Maureen Anderson.

tures and roam free with 17 other zoo-rescued elephants.

Carol Buckley, The Elephant Sanctuary's founder, said that of the 23 elephants her team has rescued since 1995, none have died in

transport — and some were much sicker than Lucy.

"We run into these tactics all the time. First (zoos) say the elephant is not healthy enough to travel, and that it will die in travel," she said. "All of those efforts to deny

an elephant to come to the sanctuary have never proven true."

There are no plans to move Lucy. The Elephant Sanctuary is making efforts to arrange a team of veterinarians to assess her.

Slain woman's daughters will stay with their grandparents

RULING Murdered former Edmontonian Nancy Cooper's children will not be returned to their father, a North Carolina judge ruled yesterday.

Instead, four-year-old Bella and two-year-old Katie will stay with their grandparents, Garry and Donna Rentz, who live in Sherwood Park.

Brad Cooper fought in court last week to regain custody of his daughters, and has been actively trying to get them home since they were taken from him in the days following his wife's murder.

Though the custody order is temporary, the grandparents are thankful. The details of the temporary order are still under wraps.

Nancy Cooper's body was found floating in a storm runoff pond near her home in Cary, N.C. in late July. No one has been charged with her murder.

VICTORIA HANDYSIDES
METRO EDMONTON

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The Edmonton Small Press Association presents: What Would Jesus Buy? Reverend Billy and the Church of Stop Shopping at Metro Cinema on Dec. 4 at 7 p.m.. The film follows the Church of Stop Shopping as they go on a cross-country mission to save Christmas from consumerism. Admission is \$8, and free for those on limited budgets. **METRO EDMONTON**

Province rapped over children's problems

JEFF CUMMINGS
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Don't fault Alberta's child advocate for problems in the government's childcare system, says a group that represents child and youth workers across the province.

Blame the government for not changing policies after numerous requests

to do so from frontline staff, says the Child and Youth Care Association of Alberta, after internal reports this week highlighted problems with children under government care.

The quarterly reports included incidents of peer-to-peer sexual abuse in which the victim and the perpetrator remained in the same foster home.

"It happens all the time,

and that isn't necessarily anything new either," said CYCAA president Patrick Foran.

"You're getting really difficult and complex kids in and often sexual abuse offending is

"I am taking strong action. Every single issue has been followed up and I am not interested in hiding anything."

Janice Tarchuk

and sexual placed in foster care, the problem is they don't pay

that these kids come in with.

"It isn't anything new in our field to have those issues as presenting problems for us, and for the kids to be

foster parents enough, so they have to take in quite a few kids."

Foran says Children Service Minister Janice Tarchuk, along with staff in her department, is well aware of the problems in the system, including low-wages and poor working conditions social, youth and child workers face on a yearly basis.

"I am taking strong ac-

tion," said Tarchuk in session yesterday after a question was raised by Liberal Leader Kevin Taft yesterday. "Every single issue has been followed up and I am not interested in hiding anything."

Premier Ed Stelmach announced Tuesday that he would review whether or not Alberta's child advocate should report to MLAs.

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Skiing An uplifting experience



From left: Katie Rees, Jenna Cooper, MLA Lindsay Blackett and MLA Fred Horne take the inaugural run, up and down yesterday morning, on the new Doppelmayr chairlift at Snow Valley ski club. The Province kicked in \$600,000 to make the lift in the south Edmonton facility a reality.

Pair charged after gun fired at rural property

JEFF CUMMINGS
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CRIME Two people are facing several charges related to stolen property after a gunshot was heard by police at a rural residence near Spruce Grove, RCMP said.

Police say a witness nearby noticed a suspicious person running down the roadway from a home that was known to police.

When police arrived, responding officers heard a gunshot fired from the property, said Spruce Grove RCMP.

Two people were arrested a short distance from the house. They were

found in a Ford F350 that was reported stolen from Vermillion, and a 31-year-old man from Vermillion was arrested in the home, RCMP said.

Police are seeking warrants for another man who ran away once they arrived on scene.

Luc Jean Mongeon, a 43-year-old Leduc resident, and Jennifer Eglinski, a 22-year-old Camrose resident, have each been charged possession of stolen property over \$5,000 and three counts of possession of stolen property under \$5,000.

Police have seized a number of firearms, but they are still investigating what led to the weapon's firing.

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BEAUTY
at the Bay

Canada will begin negotiations with South Korea on Nov. 3 to resume beef shipments to the Asian nation, which were banned in May 2003 due to mad cow concerns, Ottawa said yesterday. Before Korea closed its borders to Canadian beef, it represented the fourth largest market for the industry with \$50 million in annual sales. **REUTERS**

Canada



No U.S.-style meltdown here: TD

The drop in Canadian home prices in September may not be as severe as it seemed, TD Securities said yesterday, bolstering the case that the country is not headed for a housing meltdown. A TD report argued that home prices fell 1.3 per cent in major Canadian markets in September, not the dramatic 6.2 per cent drop that was reported by the Canadian Real Estate Association last week. **REUTERS**

Liberal leadership race heats up

New Brunswick MP Dominic LeBlanc looks certain to run for the Liberal leadership as pressure mounts on former New Brunswick premier Frank McKenna to toss his hat in the ring as well.

And former justice minister Martin Cauchon told Torstar News Service he's "very much tempted" to

join the contest to replace Stéphane Dion, who announced this week he was stepping down as leader.

While no one has officially declared yet, it's likely LeBlanc, who represents the riding of Beauséjour, will challenge Toronto MPs Bob Rae and Michael Ignatieff, the presumptive front-runners in the leadership race.

"Nobody hates Frank (McKenna). It would be hard to run a negative campaign on Frank."

David Peterson

"He's planning to run and he's assembled a team that will surprise people," a Liberal strategist said yesterday. LeBlanc, 40, is a Harvard-educated lawyer who

was first elected in 2000.

His father, Roméo LeBlanc, was a federal cabinet minister and then Governor General.

Meanwhile, McKenna,

Canada's former ambassador to the U.S. and New Brunswick's Liberal premier for 10 years, is thinking about a leadership run, long-time friend David Peterson says.

If he decides to run, he would immediately become a front-runner, Peterson, a former Ontario Liberal premier, said.

He said McKenna, 60, the vice-chairman of TD Bank, is the kind of fresh blood the party needs to deliver it from its massive debt.

"He knows how to motivate people. And the fact is nobody hates Frank. It would be hard to run a negative campaign on Frank," Peterson said.

TORSTAR NEWS SERVICE

B.C. fast-tracks tax cuts

VANCOUVER British Columbia will speed up planned tax cuts to help residents deal with the global economic slowdown, but will not put its budget back in a deficit, Premier Gordon Campbell said yesterday. The country's third-largest province will also provide unlimited insurance for deposits in its credit unions, and work with neighbouring Alberta to develop a new privately-funded pension fund for workers whose employers do not have one.

A three per cent person-

al income tax scheduled for 2009 as part of the province enacting a carbon tax system will be made retroactive to apply to this year. Several business tax cuts will also be speeded up.

The province said in early September it was projecting a \$1-billion surplus for the 2008/2009 fiscal year, and Campbell said its economy was still in better shape than the rest of the country despite the global economic storm of recent weeks.

REUTERS

Atwood Asturian award winner



Canadian author Margaret Atwood arrived yesterday in Oviedo, Spain, where she will be awarded with the 2008 Prince of Asturias Letters award at a traditional ceremony tomorrow in the Asturian capital. The awards, held annually since 1981, reward scientific, technical, cultural, social and humanitarian work done by individuals, work teams and institutions.

Kay apologizes for drunken speech

FASHION The woman behind Toronto's biggest fashion event has apologized for delivering a speech while inebriated — an incident that overshadowed the launch of Fashion Week and disappointed an event sponsor. "I was exhausted and I

didn't realize what was happening to me," said Robin Kay, president of the Fashion Design Council of Canada, who made the speech on Monday night. She admitted she had too much to drink.

TORSTAR NEWS SERVICE

News in brief

QUEBEC One of two men wanted in connection with the heist of more than a tonne of dynamite in northeastern Quebec has been arrested, CBC News Online reports. Provincial police apprehended Mike Gagnon, 28, on Tuesday night in Saint-Jean-Port-Joli, outside Quebec City. Three other men are already in custody in connection with the heist. Yvan Perreault, 59, Sébastien Saint-Pierre, 29, and Stéphane Fournier, 39, are in custody until their bail hearings Oct. 28.

ONTARIO The province of Ontario, wounded by the global economic slowdown, expects to swing from a budget surplus to a deficit of \$500 million in the

current fiscal year as it projects revenues to be \$918 million less than forecast in March. The province yesterday said that it plans to rein in spending on some programs and cut internal government expenditures to help limit the size of its first budget shortfall in four years.

MAIL Canada Post has served notice that it intends to raise the price of a basic stamp to 54 cents from 52 cents, starting in January, CBC News Online reports. The Crown corporation is also proposing to double the cost of mailing large envelopes. The cost of mailing a package weighing 500 grams would rise to \$5.50 from \$2.25. **METRO NEWS SERVICES**

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7

Comment & Views

Comment

Critical time for Liberals

Party has strong contenders to choose from to replace Dion

Home&Abroad

Andrew Cohen

Canada & world insight

Conventional wisdom holds that the Liberal Party of Canada, post-election, will sink into a long season of despair, division and decline. Not so fast.

It won't help that the proud Stéphane Dion — who did not deserve the character assassination he has stoically endured — will stay on until a leadership convention. It means he will be hit by friendly fire as his successors rush to distance themselves from his leadership and his losing policies, such as the Green Shift.

But the good news for

the Liberals is that they have strong contenders, as strong as they have had since 1968, when they chose Pierre Trudeau, or since 1984, when they chose John Turner.

Unlike the coronations of 1990 and 2003, which produced Jean Chrétien and Paul Martin on the first ballot, this contest will be more open.

For a party desperate to renew itself, this is critical. The more candidates, the broader the process. For what this can mean for democracy, see Barack Obama.

This time, the field will be broader and deeper than in 2006. That's be-

cause the leading contenders are stronger.

Michael Ignatieff, the front-runner last time, has sat in Parliament since February 2006.

As deputy leader, he has performed with style and eloquence. If the rap against him was political inexperience, it is no longer.

Bob Rae, his rival, has run and won a seat as a Liberal. The rap against him is that he was a New Democrat who was an ineffective premier of deficit-ridden Ontario. He cannot erase his past — the Conservatives won't let him — but he will run as someone who is as effective in opposition as in power.

"But the good news for the Liberals is that they have strong contenders, as strong as they have had since 1968, when they chose Pierre Trudeau, or since 1984, when they chose John Turner."

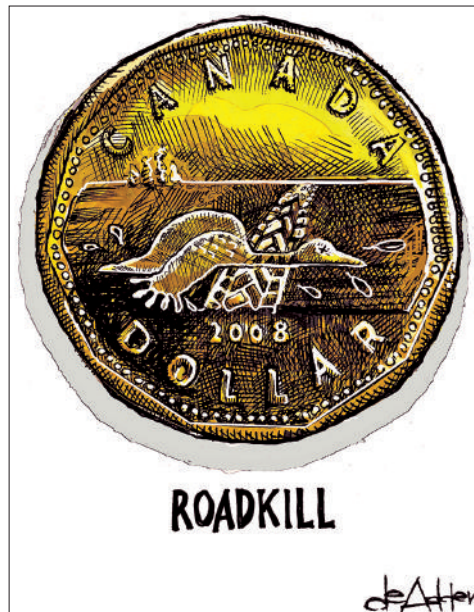
John Manley and Frank McKenna, should they run, bring the quality of elder statesmen, yet are young enough to renew the party. Both have name recognition and can raise money.

All are bilingual, experienced, serious players. Stephen Harper, take note.

The rest of the field? Gerard Kennedy and Martha Hall Findlay may run again, though other than having been elected, neither appears stronger than two years ago. Dominique LeBlanc may run, and so might Denis Coderre, but it's not a francophone's turn this time.

Of course, the Liberal malaise runs deeper than leadership. They need money, ideas and reorganization. Contrary to popular belief, though, this party is not over.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians: Lester B. Pearson*.



MICHAEL DE ADOR

Letters

Kelley Abercrombie

As Halloween approaches, I have noticed a number of costumes for pets in the local shops. They are adorable, but they also make me sad.

Last June, my cat was stolen. Not lost. Stolen. My kitty was taken because she was wearing a dress. I know this sounds outrageous, but witnesses report that the young woman who took my cat took the dress off her and

ceremoniously threw it in the garbage.

Interestingly, there are a number of people who support her actions. The Urban Dog on Whyte Avenue did a

guest spot on a radio call-in show and the lines lit up with people wanting to condemn pet couture. So I would like to tell other pet owners to have fun this season ... but be wary, and not of ghouls and witches ... but of self-righteous thieves."

season ... but be wary, and not of ghouls and witches ... but of self-righteous thieves.

Views

Mr. PM: More women needed in cabinet

By DONNA DASKO

With modest gains in last week's federal election, women finally shattered the glass ceiling (or is that floor?) of 21 per cent set during the previous three elections.

But this isn't exactly a breakthrough — our new Parliament is still only 22 per cent female, with 68 women elected, up from 64 in 2006. Canada now moves from the 51st country in the world for female representation to around 46th, while countries such as Sweden, Argentina, Spain, Rwanda and 41 other countries have more women in their national parliaments.

The results were also disappointing considering more women than ever were running — comprising 29 per cent of all candidates — but weren't winning. The Liberals ran the most women (113), but elected just 18, while the



"Harper has an opportunity to make history ... by appointing substantial numbers of women to his cabinet and into prominent roles and major portfolios."

Conservatives ran just 60 women, of which 23 were elected. The New Democrats ran 104 women and elected 12, while the Bloc Québécois ran 75 and elected 15. Following a familiar pattern that we have often seen, many women were nominated in "unwinnable" ridings where their parties did poorly in the past and where they had little chance of success.

Still, the parties did try harder and we see signs of growing awareness among the public and the media

that we need more women in elected office. Interest in female representation was undoubtedly sparked by massive media coverage of Hillary Clinton's remarkable, but failed, run to be the Democratic presidential nominee in the United States, and the Republicans' choice of Sarah Palin as that party's vice-presidential candidate.

With 23 women in his new caucus, Prime Minister Stephen Harper can boast the largest contingent of female MPs — a remarkable feat considering

his and his Conservative party's past problems in attracting female voters. And his women's caucus includes experienced and talented women, such as Calgary MP Diane Ablonczy and newly elected Gail Shea from Prince Edward Island, whose merits justify a strong female contingent in his cabinet.

Harper has an opportunity to make history — and to help compensate for the disappointing overall election result for women — by appointing substantial numbers of women to his cabinet and into prominent roles and major portfolios.

In doing so, he will help his own future prospects — and give voice and visibility to half the population.

Donna Dasko, PhD, is senior vice-president of the polling firm Environics Research Group Limited. She is a founder and national vice-chair of Equal Voice, a multi-partisan organization dedicated to electing more women to Canada's Parliament and provincial legislatures.

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World/Business

Brit politician under attack

A Russian billionaire, a yacht on the Mediterranean, allegations of secret donations and betrayal — all the ingredients the British media need to start a feeding frenzy.

After being exposed by an old friend, a senior British opposition politician has admitted he met Russia's wealthiest man on his \$150 million US yacht in the Mediterranean.

The Conservative party's chief spokesman on finance, George Osborne, says he has done nothing illegal. But the admission he met Oleg Deripaska sev-

eral times last August, including once on his yacht, has revived an image of the Conservatives as elitist that they have long sought to shed.

Details

- Rothschild revealed the meetings in a letter to the Times newspaper, apparently irritated that Osborne had given details to the press of conversations he had on the yacht with another guest, Peter Mandelson, a senior Labour politician.

Nathaniel Rothschild, a fund manager who is heir to a \$1.5-billion banking fortune and helped set up the meetings on the island of Corfu, says Osborne used them to try to solicit a large donation to the Conservative party from Deripaska.

Osborne denies seeking any such donation, which would have been illegal as it would have come from a foreign citizen, but has confirmed almost everything else. **REUTERS**

Italy Protesters at film festival



A protester is blocked by a security guard as she enters the red carpet area to protest against the decision by Rome Mayor Gianni Alemanno to close buildings occupied by squatters during Rome's film festival yesterday.

Business

Rate cut predicted as retail sales slip

Canadian retail sales dropped for the first time in six months in August, giving weight to analysts' predictions that the Bank of Canada will cut interest rates again this year to stimulate an economy hit by the financial crisis.

Statistics Canada said yesterday that retail sales slipped by 0.3 per cent from July due to lower sales in the automotive sector. Analysts had, on average, forecast a 0.2 per cent fall.

Derek Holt and Karen Cordes of Scotia Capital saw reason for the Bank of Canada to cut the interest rate again, as "consumers

clearly lost their resilience even before the peak credit crunch hit. This does not bode well for the traditional Christmas retail season."

The central bank cut its key interest rate on Tuesday by a quarter point to 2.25 per cent, and said it would likely have to ease credit further. The next scheduled rate announcement date is Dec. 9.

The S&P/TSX index dropped nearly 6 per cent yesterday, while the Canadian dollar sagged 2.69¢ to 79.70¢ US, a three-year low against the greenback, pressured by sliding commodity prices. **REUTERS**

Quebecor wireless network to cost up to \$1B

WIRELESS Media and publishing group Quebecor Inc. said it will spend up to \$1 billion over four years to roll out its wireless network to compete against Canada's Big Three mobile providers.

The company said its new high-speed packet access network, to be run on

Nokia Siemens equipment, should be up and running in 12 to 18 months.

Quebecor said "the projected expenditures include the cost of acquiring spectrum and operating licenses, building the network and initial operating costs." **REUTERS**

Cheesemaker to buy Neilson Dairy

TAKEOVER Saputo Inc., Canada's biggest cheese maker, said yesterday it plans to buy the Neilson Dairy division of George Weston Ltd for \$465 million, boosting its presence in the Ontario fluid milk market.

The deal, under which Weston will receive \$390 million after taxes, gives Saputo Neilson's entire line of milk products including fluid milk and dairy beverages, cream products and nondairy creamers, butter, yogurt, juices and drinks manufactured under the Neilson brand.

Weston said Saputo's offer was unsolicited. The transaction, which is expected to close by Nov. 24, is subject to regulatory conditions, including approval by Canada's Competition Bureau. **REUTERS**

In brief

TRENDS Airfares could decrease in North America next year, and likely declines in occupancy rates will keep hotel room rate increases in check, American Express predicted.

WIRELESS AT&T will sell the BlackBerry Bold for \$299 on a two-year contract, or 50 per cent more than it charges for Apple's iPhone, in a move that will target executives over consumers. Sales will begin Nov. 4.

RESULTS McDonald's Corp. posted a quarterly profit of \$1.19 billion, beating Wall Street estimates. It's growing faster than rivals as U.S. consumers visit fewer restaurants, but analysts said the economy may catch up soon.

CRISIS Troubled insurer American International Group Inc. will freeze \$19 million US in payments to a former CEO and execs of the unit that was its main source of problems. **REUTERS**

News in brief

CANCER A broad analysis of genes has turned up 26 mutations linked with the most common form of lung cancer, several of which play a role in other cancers as well, researchers said yesterday.

STEM CELLS Researchers have discovered stem cells in the prostates of mice and grown complete prostates from them, but said they want to use the findings to search for better treatments for prostate cancer. The team at California-based Genentech Inc. said humans have similar stem cells. **REUTERS**

Republicans spent \$150K on Sarah Palin's wardrobe

POLITICS Dressing up the self-styled hockey mom cost the Republican National Committee more than \$150,000.

Small potatoes in a big election, Republican officials said, after trips to Saks Fifth Avenue in New York and St. Louis and Neiman Marcus in Minneapolis for Republican vice-presidential candidate Sarah Palin were uncovered by politi-

co.com, the U.S. political website. There were published reports that Palin charged Alaska taxpayers more than \$21,000 for airfare and hotel accommodation so her children could travel with her to events, including some to which they were not invited. The reports said she amended expense statements.



Sarah Palin

TORSTAR NEWS SERVICE

China labels eight Uighur terrorists

XINJIANG China released yesterday a wanted list of eight "terrorists" it said had threatened the Beijing Olympics and were bent on achieving independence for its restive western region of Xinjiang.

The eight, all members of China's mainly Muslim minority Uighur group, belonged to the East Turkestan Islamic Movement (ETIM), which the United Nations listed in 2002 as a terrorist organization with links to al-Qaida, police said.

"The eight are all key members of the ETIM, and all participated in the planning, deployment and execution of all kinds of violent terrorist activities targeting the Beijing Olympics," Wu Heping, with the Public Security Ministry.

Uighur

- Many of Xinjiang's 8 million Uighur chafe at the strict controls on religion that China enforces.

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9

Small Business

Get organized

E-mail correspondence can be overwhelming. To save time, set up a filing system that sorts important e-mails and attachments. **NEWS CANADA**

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Firms focus on going green

Environmentally friendly business operations are beyond just being a trend — they are now standard business practice.

Environmental awareness will continue to grow. Consumers will start to take more notice. And businesses will need to ensure they meet the new standards.

Recycling is no longer good enough. Businesses are taking steps to minimize environmental footprints and to implement sustainability programs that reduce the amounts of waste in their offices and business operations. Companies without a long-term environmental plan now find themselves at a competitive disadvantage.

The Department of Foreign Affairs and International Trade's Greening Operations has a number of tips that companies can implement right away to make their offices more environmentally friendly. Here are a few:

- **Turn off equipment when it's not being used.** This can reduce the energy used by 25 per cent; turning off computers at the end of the day can save an additional 50 per cent.
- **Encourage communications by e-mail.** Only one out of every nine sheets printed is used as a final draft.
- **Upgrade to more effi-**



Businesses are now taking steps to reduce waste in their offices.

cient equipment. Consider purchasing a machine that performs all fax, copy and print functions. Look for Energy Star qualified products.

• **Choose suppliers who take back packaging for reuse.**

• **Use green products and services in the local community.** The less supplies or service providers have

to travel, the less energy is used.

Businesses also can look outside their offices to support environmental awareness and action programs.

Going green is no longer just a trend. Companies will need to act now to compete for consumers that specifically seek out businesses aggressive in their environmental efforts. **NEWS CANADA**

Impact of small business huge

From coffee shop franchises to local corner stores, small businesses have a huge economic impact on communities across the country.

Industry Canada defines a small business based on the number of employees. For example, a goods-producing firm is considered small if it has an employee head count under 100. For service-providing companies, the cut-off is 50 employees.

There are nearly 1.1 million small businesses in Canada, the majority of which — almost 75 per cent — have fewer than 10 employees.

What is not included in this count of small businesses are franchises of larger companies established in communities across the country. While these types of businesses get support from their parent companies, the majority operate independently.

Whether it is a sole pro-

prietor newspaper stand or a sandwich shop franchise, small businesses face unique challenges, particularly when there is a dip in the economy. These can include maintaining cash flow, hiring and retaining quality employees or securing additional financing to increase working capital, open new offices or purchase new equipment.

"All small business owners share the same challenges and successes — be it lowering costs, growing with the community or finding the means to retain talented and loyal staff," said Christine Morris, vice-president of TD Canada Trust Business Banking. "From providing jobs to stimulating the local economy, these businesses can be economic drivers in their home communities. Supporting these businesses just makes good business sense." **NEWS CANADA**

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This year, Staples Business Depot will offer 250 free seminars in its stores across Canada, providing advice designed to help small business owners in areas such as marketing, raising capital, branding and more. Go to easy.staples.ca for more. **NEWS CANADA**

Nothing beats free

Word-of-mouth advertising great for small businesses

When Anne Day launched her business, **Company of Women** (companyofwomen.ca), five years ago, she admits she spent a "fortune" on advertising and promotion.

In fact, in the first year, about 50 per cent of her budget went to newspaper ads and promotional items such as post-it notes bearing the company logo, as well as gifts for re-newing members.

Then she discovered something: "If women like something, they tell their friends about it."

So instead of spending all her marketing money on advertising, she began to focus on connecting with other women's networks to promote her business and on delivering a "quality experience, one they'll remember."

"Then they tell their friends, who tell other people," she says, likening

"Word of mouth is the most powerful stimulus for marketing. It beats just about everything else."
Knud Jensen

it to the famous Breck hair shampoo commercial, "I told two friends, and they told two friends, and so on, and so on, and..."

In fact, Day believes word of mouth is responsible for 75-80 per cent of her company's growth, which now has 380 annual members, with many more attending a much-expanded roster of breakfast, lunch and dinner meetings.

"By maintaining your standards and constantly asking what your cus-



If women like a company's product, they will tell their friends about it, who will in turn tell their friends, and so on, expert says.

tomers want — and listening to them," you can deliver a product that your customers will talk about, she says.

And the value of that is apparently priceless in the advertising world.

"Word of mouth is the most powerful stimulus for marketing. It beats just about everything else," says Knud Jensen, a profes-

sor specializing in small business strategies and entrepreneurship at Ryerson University's Ted Rogers School of Management.

That's because it's not paid for like an advertisement, so there is more of a trust level with it, he says. "For small companies" — with small budgets — "this is even more important," he says.

So how do you get the word out?

One way is to follow the old adage that everyone in your company is a "marketing person," he says.

"Think about an accounting person who doesn't see their role as a marketer, but they can still create issues with the suppliers or customers by not being nice or being curt."

Second is managing your reputation," he says. "We buy from companies that we trust."

But how do you get the process started?

"If you're a small company, your financial resources are small," notes Jensen.

"You can't blow a million on communications."

METRO NEWS SERVICES

Making credit work for your business

For small business owners whose personal resources can be stretched, financing a business or its growth becomes a critical concern.

For many, strategically managing business and personal credit is the difference between creating a large legacy of success and closing up shop for good.

There are many options for both new and existing businesses to secure financing to expand or start a new venture: Government grants, venture capital firms and private foundations are examples. Of course, some also turn to relatives or friends who are willing to place their trust in what is hopefully a sound investment.

Banks and other financial institutions are great business allies for those looking to maximize their growth potential.

By providing customized solutions based on an individual need of the business, entrepreneurs can uncover equity to help achieve both short- and long-term business goals. Options may include personal credit — for example, credit cards, vehicle loans or home mortgages — or business credit.



Business owners can secure financing to start or expand a new venture through grants or loans.

Some types of business credit options include:

• **Short-term loans.** This is probably the most common type of business credit. It is usually paid off within a year and can help a business temporarily in need of assistance overcome a brief or seasonal lull in cash flow.

• **Intermediate-term loans.** These typically have maturity dates between one to three years and can help businesses increase their working capital, open new

offices or purchase new equipment.

• **Long-term loans.** These are usually arranged when the scheduled repayment is expected to exceed one year. Assets could be a new building or land, or a new computer system. The principal is repaid over a period of time and is directly related to the useful life of the asset.

Customizing loans to best suit the needs of a business is common — and critical — when dealing

with any bank or financial institution.

"Business owners must make credit decisions based on their needs and their business profile," said Christine Morris, vice-president of TD Canada Trust Business Banking.

"Repayment schedules and interest rates can be flexible enough to assist a business as it is today and where it wants to be tomorrow."

A financial injection can be just the boost a business needs to grow to the next level.

NEWS CANADA



Now, more than ever, business owners are keeping a close eye on the bottom line and are looking for ways to trim their budgets.

Many ways to trim budgets

Now, more than ever, businesses large and small are keeping a close eye on the bottom line and looking for ways to trim budgets. Here are a few measures you can take to make the most out of resources and keep tight budgets in check:

• **Consolidation consideration.** Forego multiple stand-alone devices and consolidate your fax machine, scanner and printer into a single multi-function device. This not only creates more office space, but it also saves money on maintenance, toner supplies and paper.

• **Make teleworking an option.** Deploy mobile technology to allow your workers to access information regardless of location. This will not only allow workers to respond to inquiries faster, but can also cut down on driving between locations, which will save money on gas and free up valuable office space.

• **Bring colour copy work in-house.** A great way to cut costs is to reduce outsourcing. By investing in a colour printer, you can eliminate the need to outsource this job to costly third parties and recoup costs.

NEWS CANADA



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14822 Stony Plain Rd.
(780) 443-3022

Edmonton City Centre
10200 - 102 Ave.
(780) 421-4540

EAST

Capilano Mall
(780) 450-6880

6839 - 81 St. (Argyll Rd.)
(780) 465-5271

SOUTH

Millwoods Main Street Mall
6558 - 28 Ave. (by Tim Hortons)
(780) 440-2812

6021 Gateway Blvd.
(780) 438-2355

Southgate Centre
(780) 434-5620

Southgate Centre
(780) 439-0435

South Edmonton Common
(780) 485-9812

3120 Parsons Rd.
(780) 702-6001

NORTH

9715 - 137 Ave.
(780) 456-5339

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West Edmonton Mall Phase I
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Galaxy Land entrance)
(780) 484-4758

West Edmonton Mall Phase II
(by skating rink)
(780) 413-9855

West Edmonton Mall Phase III
(by London Drugs)
(780) 443-3040

West Edmonton Mall, Chinatown
(next to T&T Supermarket)
(780) 483-8838

16013 - 170 St.
(780) 408-8917

Mayfield Common
10608 - 170 St.
(780) 489-2255

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Prairie Mall
(780) 513-2355

Gateway Power Centre
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(780) 539-7148

FT. McMURRAY

Peter Pond Mall
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LEUC

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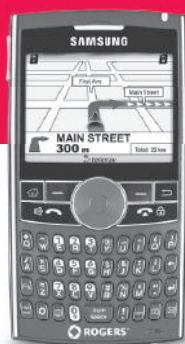
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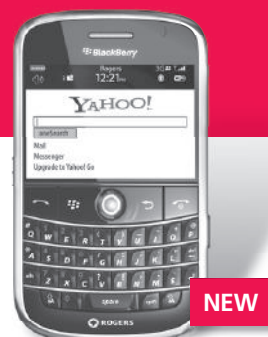
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Henry Burris, who threw five touchdown passes to lead the Calgary Stampeders past the Winnipeg Blue Bombers 37-16 last week, was named the CFL's offensive player of the week. **METRO NEWS SERVICES**

Sports



Hamels leads Phillies to Game 1 win

The Philadelphia Phillies beat the Tampa Bay Rays 3-2 in the opening game of the World Series last night. Left-hander Cole Hamels pitched seven innings against the Rays for the victory, backed by a two-run homer from Chase Utley in the first.

REUTERS

SPORTS@METRONEWS.CA

Wrigley Field game on track

NHL Blackhawks season-ticket holders will get the first shot at tickets for the New Year's Day game against Detroit at Wrigley Field.

"Most of the tickets, not all, are going to be going to the season-ticket holders of the Blackhawks," NHL commissioner Gary Bettman said Wednesday night. We're not going to have a mass public sale like we did in Buffalo last year when we were playing in a 73,000-seat facility."

He said the ice surface probably will be positioned in the infield, angled diagonally from first to third base. The game will be the first NHL game in a MLB stadium. The previous two outdoor games were played in football stadiums in Edmonton and Buffalo.

METRO NEWS SERVICES

Oilers derailed in attempt for 5-0 start

NHL RESULT

Oilers 0 Blackhawks 3



ROBIN BROWNLEE
for Metro Edmonton

THE SKINNY: A power-play goal by Patrick Sharp and a shorthanded marker by Brent Seabrook in the first period proved to be more than enough for Chicago starter Nikolai Khabibulin, who made 23 saves for his 39th career shutout in stifling the Oilers.

THE QUOTE: "There's a real inclination when these teams play to open the hockey up and get into end-to-end, fire-wagon hockey," Oilers coach Craig MacTavish said. "I'm a lit-



Dwayne Roloson gives up a goal to the Chicago Blackhawks during the second period last night.

tle more concerned with that than they are playing on the

road."

THE BIG PLAY: The Oilers were trailing 1-0 but on a four-minute power play when Seabrook jumped into the rush and buried a Dave Bolland pass behind Dwayne Roloson for a 2-0 lead.

OIL UNPLUGGED: After scoring at a 5-for-13 clip on the power play in their first three

games, the Oilers are scoreless in their last nine attempts. They went 0-for-4 in a 3-2 win over Calgary Saturday and 0-for-5 in this one.

NO NOSTALGIA: A win would have made the Oilers 5-0, marking their best start in 23 years. The 1985-86 Oilers started 5-0.

READY OR NOT: With Steve

Staios returning to Edmonton to attend a family matter, Sheldon Souray was pressed into action. Souray, who is hobbled by a bruised thigh, drew in alongside Lubomir Visnovsky.

THE NEXT GAME: The Oilers are back at it tonight against the Colorado Avalanche at the Pepsi Center in Denver.



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The contest key word is:

"SHAKE-IT"

Contest closes on Oct 23, 2008 at midnight. Winners will be required pick up their prize as well as answer a mathematical skill testing question to claim prize. Full rules and regulations are available online.



The Hockey News

Adam
Proteau

thehockeynews.com

Dear Edmontonians/Edmontonites/Edmontonage, I'm Adam, and I'll be your Oilers columnist for Metro this season. Last year, I covered the Maple Leafs for Metro's Toronto edition — and boy, are my favourite synonyms for "brutal" ever exhausted.

Thankfully, I get to watch a team this year that (a) has a bona fide shot at a playoff berth; and (b) doesn't have a single thing to do with Mats Sundin's past, present or future employment. But for this first column, I wanted to clear up a few misconceptions.

Misconception No. 1:

The Hockey News Hates

The Oilers And Everything They Represent. Not true. This rumor began making the rounds when THN predicted the Oilers would finish 12th in the Western Conference in 2006-07 — a year after their stirring run to the Stanley Cup Final — and wound up being correct.

Judging by the furious correspondence we received from Oilers fans, you would've thought we'd crowned Peter Pocklington "NHL Team Owner Of The Century."

We took the hate-mail in stride, because each of our predictions are made with a complete and utter absence of malice. We call 'em like we see 'em, folks; sometimes we're wrong, and sometimes we're bang-on. However, we never make it personal.

Misconception No. 2:

The Hockey News Hates (Or Favours) Any NHL Team. Also untrue. Believe it or not, I don't root for or

against one particular organization.

Yes, I cheer on NHL coaches, GMs or players I've met and found to be fantastic people — and yes, I might occasionally derive pleasure from watching some s.o.b.s around the league suffer a serious butt-whoopin' — but by and large, I always try to remain impartial.

Misconception No. 3:

The Hockey News' Staff Are 'Experts'. Although part of me wishes this were true, the reality is, all of us who work at THN understand we're just like any other hockey fan — only we're fortunate enough to be paid to watch games and provide opinions on the game.

So whatever you do, don't take anything I say as the gospel. Except for the sentence before this one.

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The greening of insulation

SONYA PROCENKO
for Source Media Group



From recycled glass to denim to soybean oil, insulation is now made from greener materials.

"Nearly all insulation is 'green' depending on how you measure it," says David Bengert, president of the Built Green™ Society of Canada and the director of purchasing at Jayman MasterBUILT. "All types save energy and therefore lower greenhouse gas emissions."

In Alberta, fibreglass insulation manufactured in Edmonton is made of more than 50 per cent recycled glass, such as pop and liquor bottles and a tiny amount of formaldehyde. A manufacturer in Innisfail, Alta., makes insulation with less recycled glass content, but in a formaldehyde-free process.

Cellulose insulation is made from recycled paper and treated to be fire resistant, Bengert explains. Meanwhile rigid foam insulation has a higher insulation value than other types but uses non-renewable resource in the manufacturing.

Spray-in-place foam insulation, including urethanes, have an even higher insulation value and many are made from environmentally friendly products; however, they are the most expensive,

Bengert says. "In Alberta, fibreglass is the dominant product used by builders, probably over 90 per cent of new homes use it," he says. "In categorizing a product as 'green' all factors must be considered. For example, what is it made from, where is it made, how is it made, what is the final cost? After reviewing these factors, a builder can then decide which product to use."

It's in the jeans

You may have read about or watched Hollywood environmentalist types like Adrian Grenier, star of the HBO TV series *Entourage*, using denim in green building projects. They're likely using eco-friendly Bonded Logic's UltraTouch Natural Fiber Insulation, made in the U.S. from 85 per cent post-industrial cotton denim, using scraps from the manufacturers. It's formaldehyde-free, 100 per cent recyclable, VOC-free, and treated with a fire-retardant.

"UltraTouch is incredibly easy to install and 100 per cent safe to humans," says Kris Friesen of Canadian UltraTouch. "Besides, it has 50 times better insulating and acoustical (soundproofing) qualities."

The insulation's fibres provide sound absorption and maximum thermal performance. UltraTouch does not itch and is very



easy for renovators and installers to handle.

"The interest is growing steadily in Alberta," says Friesen.

Out with 'old school' insulations

In her national best-seller *ECOHOLIC*, Your Guide to the Most Environmentally Friendly Information, Products and Services in Canada, Adria Vasil writes about green insulation choices.

"Skip old-school, greenhouse-gas-emitting polyurethane foam, which is also treated with PBDEs (ultra-persistent fire retardants, some of which are being phased out but are still on the market)," advises Vasil. "Instead go for blown-in cellulose, made with recycled paper. If done right, it'll keep cold air at bay better than fibreglass, and it takes up to a quarter of the energy to manufacture."

Vasil recommends BioBase 501, made partly

from soybean oil. She says the cheaper, extremely fire retardant insulation was voted one of the Top 10 eco-friendly building supplies by BuildingGreen.com in 2003 and emits very few VOCs.

So far, soy good

Water-blown and soy-based BioBased insulation (widely used in the U.S. and which distributors hope to attain certification for in Canada in the next year) allows residential and commercial structures to be more sustainable. When installed, the insulation expands to 100 times its original size filling every space and void, stopping air movement. The sealed thermal envelope keeps conditioned air inside, undesirable air outside and reduces airborne noise pollution. This envelope can result in a more energy efficient, healthier, comfortable and durable home.

EDITED FOR LENGTH BY
METRO EDMONTON

The great garage cleanup

Just how bad can your garage get? Pretty bad, says Ron Binder, co-owner of OnWall Solutions, onwallsolutions.com, a Toronto-based company that specializes in garage storage.

"The biggest problem I've seen with garages is that there is so much junk piled inside that the homeowner can no longer park the car," he says, adding he encounters this kind of situation all the time, with all kinds of people.

Phew! That's a relief, because I thought I was abnormal. But still, scraping ice off the windshield — when I could be parked in my nice warm garage — is kind of annoying.

So I decided to start a major clean-up, and boy, did I have a lot of stuff. And since we're speaking of stuff, let's admit for once and for all that it is the dark heart of the problem when it comes to garages and organization.

Job number one is offloading. This means taking inventory of what you have and deciding what you no longer need.

The hardest part of the job was actually negotiating with my husband, who has a hard time getting rid of stuff that I would turf in a minute.

But, all turned out well. After a series of "This is junk. No, it isn't" conversations, we eventually did

reach an agreement, and made an amicable trip down to the Sally Ann.

During the inventory, I also noticed odd items that really didn't belong in the garage — for me, these were things better stored in the house.

These are usually the items that are retrieved for parties or family gatherings once a year (the Christmas dishes and big serving platters, for instance), accompanied by frustrated cursing and the clattering of dis-

lodged items on the garage floor.

But you also need to tag items, since your wonderful organizing efforts will mean squat if your

family is not aware of how you decided to store things.

Sturdy stick-on tags or pieces of coloured hockey tape do the job nicely. Try tagging items in each category with a particular colour — say, green for gardening paraphernalia and red for sporting and recreational items.

Finally, think about how you'd like to store your items — shelves, lockable cabinets, overhead storage, hooks, trays, crates, boxes and bags are some of the options. If you're a do-it-yourself type, you can order storage products online and install them yourself.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show *Arresting Design*.

HomeScape

Sylvia Putz



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What you don't know about icicles

Icicles hanging from your eavestroughs may look harmless, but they could be a sign of ice-damming.

Ice-damming usually occurs when there is a significant build up of snow on the roof and the outside temperature hovers around freezing. If the attic temperature is above freezing, it will warm the roof sheathing, which in turn melts the snow lying on the shingles.

Water then runs down the roof until it meets the roof overhang, which is not warmed by the attic and is the temperature of the surrounding air.

If the air and the overhang are below freezing, the water freezes and forms an ice dam, which then causes water to form a small pool that may back up under the edges of the shingles and leak through the roof into the walls and ceilings below.

To solve your ice-damming problem, you must first determine how heat is entering your attic. With the help of a roofing specialist, such as Direct Energy, there are a number

of ways to avoid or solve ice-damming:

Improve attic ventilation by checking soffit vents and roof vents to ensure you have adequate ventilation. Many homes designed and built in the 1950s were constructed without soffit vents and not enough roof vents.

Since heat rises, the optimal location for vents is at the peak with either conventional roof, gable or ridge vents. All these types will let heat exit quickly and efficiently.

Improve attic ventilation by checking soffit vents.

Check for air leaks into the attic; typically, warm air from the home rises and leaks from areas like ceiling fans, light fixtures and the attic hatch.

Make sure your attic (and attic hatch) is properly insulated to lower your energy costs and keep the attic space cool in the winter.

NEWS CANADA

Checking your furnace

Along with its effect on the colour of leaves, the autumn season in Canada brings those first cool nights that trigger the urge to switch on the old furnace or boiler, rousing it from months of dormancy.

This is also the time of year homeowners should be thinking about having their home heating equipment cleaned and checked. Be sure your furnace is ready to battle the icy grip of winter by arranging a maintenance visit from your local heating contractor.

There are a number of components in your heating system that require regular inspection, including the heat exchanger, ignition system, fan, motor, bearings, belts,

pumps, controls, exhaust, burners, pilot, thermostat, chimney and more.

A properly licensed contractor will be able to identify problem areas and will recommend solutions that will ensure your year-round comfort.

In the meantime, be sure to regularly replace the air filter on your forced air furnace and keep areas around hot air registers, return air grills or radiators free from obstructions.

For information on where to find a qualified contractor in your area, check out the website of the Heating, Refrigeration and Air Conditioning Contractors of Canada at www.hrac.ca, or call 1-877-411-4722.

NEWS CANADA



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More eats online

Visit metronews.ca for a recipe from chef Anthony Sedlak's cookbook *The Main: Recipes*. The popular Canadian is host of the Food Network's *The Main*, weeknights at 7 p.m. ET.

METRO NEWS SERVICES



Food

"A barbecue sauce with chipotles gives a nice smoky flavour. If you have smoked paprika, try that."

Barb Holland/for Metro Canada



Say what?

Boneless pork shoulder is sometimes called Boston butt.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Tender, loving slow cooking

À la carte

Barb Holland

Metro Food Writer



Slow cookers are nice to come home to — and the ideal appliance for braising (cooking low and slow in liquid) less tender but flavourful cuts of meat. A pork-shoulder roast is a perfect case in point — slow cooking tenderizes the meat such that it shreds easily, creating pulled pork.

This recipe requires a little planning to make it at

least a day ahead. I often let the slow cooker cook it overnight, then cook and refrigerate it during the day. The fat rises to the top and hardens when chilled, making it easy to remove. Serve on onion buns with coleslaw.

Pulled Pork

An easy meal that is popular with kids and adults alike (and makes great leftovers). Makes 6 servings.

INGREDIENTS:

- 2 lb (1 kg) boneless pork-shoulder roast, remove any excess fat
- 2 tbsp (30 mL) prepared mustard
- 6 soft buns and coleslaw

Dry Rub:

- 1 tbsp (15 mL) each granulated sugar and paprika
- 1-1/2 tsp (7 mL) each brown sugar, ground cumin, chili powder and black pepper
- 1/2 tsp (2 mL) each salt and cayenne
- 2 onions, halved and thinly sliced
- 1/2 cup (125 mL) smoky barbecue sauce

METHOD:

Spread mustard over pork. Make rub mixture by combining sugar, paprika, brown sugar, cumin, chili powder, pepper, salt and cayenne. Pat evenly over pork. Place in slow cooker, top with onions and barbecue sauce. Cook, covered on LOW for 8 to 10 hours or until very tender.

Transfer pork to a cutting board and cool slightly. Using two forks, shred meat, discarding any fat. Cool, then cover and refrigerate. Put the cooking liquid in a tall bowl, cool then refrigerate to solidify fat. Remove fat and transfer liquid to a saucepan. Bring to a boil and cook to reduce and thicken it. (Or blend a little cornstarch with cold water, whisk into cooking liquid and bring to a boil, whisking constantly, until thickened into a sauce.) Add meat to sauce and heat until warmed through. Serve on buns.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



Stews, chilis, pot roasts and lamb shanks are ideal for the slow cooker — and, of course, a deliciously soft pulled-pork sandwich.

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Elizabeth Arden recently launched 5th Avenue Nights, inspired by the streets of Manhattan. It is a modern floral oriental that captures the glamour and excitement of city nights. Available at the Bay and Sears, \$40 for 30 ml. **METRO NEWS SERVICES**

Style



Monica Cruz inspired by the '50s

Spanish actress Monica Cruz, left, attended Toronto Fashion Week on Monday where the fall/winter Mango collection she co-designed with her big sister, actress Penelope Cruz, was showcased. The Madrid-born siblings' limited-edition collection for Spanish retailer Mango, in stores now, features evening wear and some vintage-inspired styles. Through her translator she said the line was inspired by the American pinups of the 1950s. Mango clothing is available across Canada and can be purchased at mangoshop.com. **TORSTAR NEWS SERVICE**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Style File

Kim Elbo



kim.elbo@metronews.ca

ask kim

I always hear about sample sales but never know when and where they are. Is there a site I could look at that has listings of sample sales?

Sample sales are one of the best places to look for designer clothing at bargain prices. Check out national websites like styledemocracy.com or ilovesamplesalesonline.com and remember to always arrive early to ensure first pick on sizes and styles.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Look polished with layers



Layered

Designer: Dotted Loop
Shop: Briers
(604-730-0379)



Charming

Designer: Toodle Bunny
Shop: Barefoot Contessa
Address: Various Locations
toodleebunny.com



Mixed

Designer: Melissa Clemente
Shop: Various Locations
Address: Various Locations
melissaclementedesigns.com



Extra Protection

Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com



Sporty

Designer: Bolle
Shop: Various Locations
Address: Various Locations
bolle.com



Classic

Designer: D&G
Shop: Sunglass Hut
Address: Various Locations
sunglasshut.com

necklaces

This season's necklaces are all about layered chains, little charms and mixed metals. The necklace by designer Melissa Clemente is an excellent example of the look for this season. Try these necklaces on top of a plain white T-shirt or dress and I guarantee it will look polished and pulled together. Also, always spend a little more money on real jewelry. Some costume jewelry bought at inexpensive prices can end up wearing off on you, breaking or even carrying a strong metal odour.

sunglasses

Sometimes we forget that we need protection from the sun during the fall and winter months. Steer clear from sun damage around the eyes with sunglasses that wrap around and have thicker stems that protect you from all sides. When you're out shopping try to stay away from flashy labels that can be seen a block away. Instead, opt for something that is simple and not labelled with faux diamonds.

enjoy autumn in our pumpkin patch!

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Watts in talks to play outspoken teacher

Actress Naomi Watts is set to play Nobel Prize winner and controversial peace campaigner Jody Williams in a new biopic. Watts is in talks to take on the role of the outspoken teacher who became known for her work on the International Campaign to Ban Landmines. **IMDB.COM**

17

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONews.ca

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Using your illusions

David Copperfield says he can make dreams come true

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

David Copperfield claims he can make your wildest dreams come true — a pretty bold statement.

But the veteran magician says that his new show Grand Illusion is the most incredible evolution of his craft to date, and if you can dream it, he can make it a reality.

"People dream about a new car, so I make a car appear. I show you how it's possible to win the lottery and, also, I transport audience members to an exotic island."

The show, which will take over Rexall Oct. 30 and

31, boasts an impressive lineup of new illusions.

Copperfield claims he's able to make people vanish, and reappear moments later in the location of their dreams — though insists the illusion is of no danger to audience members.

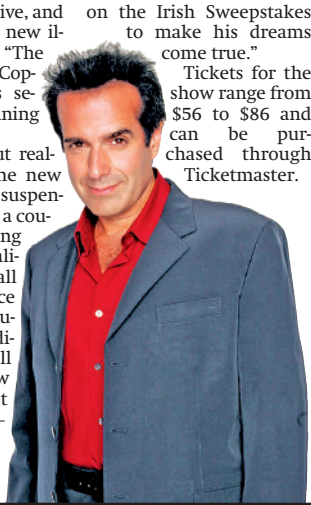
"I keep the safe illusions for the audience members and the dangerous ones for myself, like hanging over a fiery bed of spikes or plunging over Niagara Falls in a few of my TV specials."

Though Grand Illusion promises the impossible, Copperfield will still pull a few trademark, death-defying rabbits out of his hat, by taking on a lethal black African scorpion, and floating through solid steel.

The most impressive, and questionable of his new illusions, is that of "The Lottery," in which Copperfield shares his secret for picking winning lottery numbers.

"Magic isn't about realism," he said of the new trick. "It's about suspension of disbelief for a couple of hours, allowing that childhood quality of wonder in us all to surface once again. But in this illusion, with the audience's help, I will show everyone how my grandfather bet

Rexall hosts David Copperfield Oct. 30 and 31.



on the Irish Sweepstakes to make his dreams come true."

Tickets for the show range from \$56 to \$86 and can be purchased through Ticketmaster.

AC/DC

Album: Black Ice
Label: Columbia/Sony BMG
Rating: ●●●●

ONE FORMULA DRIVES this five-member Aussie institution — rock 'n' roll. Want proof? Three songs make reference to it; one more says they're 'rocking.' Really. But would you honestly expect, 35 years on, that schoolboy-dressing blues-metal riffmeister Angus Young et al would dare reinvent themselves as power balladeers or into techno remixes or sappy country-pop? That said, this first new AC/DC effort in eight years, er, rocks with more the energy of 1995's *Back in Black*, lacking many of Young's hook-laden intros, filled instead with some very ZZ Top-meets-CCR swampy rhythms.

Ian Nathanson/for Metro Canada

More Dexter

Showtime has picked up *Dexter* (starring Michael C. Hall) for two more seasons. Seasons 4 and 5 will consist of 12 episodes each, with production to start this spring in Los Angeles. **TVGUIDE.COM**



Sebastian Grainger

Album: Sebastian Grainger & The Mountains
Label: Outside
Rating: ●●●●●

SEBASTIAN GRAINGER

PULLS himself out of the crater left by *Death From Above 1979* for his first full-length solo effort. Grainger discovers that he doesn't have to use a rubber mallet to drive home his point. There's surprisingly strong melody behind the bending walls of roughly textured rock. And he earns extra points for being able to craft an indie-rock anthem around the chorus "I hate my friends, most of the time." Even the noise sounds sweet here.

Graham Rockingham/for Metro Canada

Read the rest of this week's album reviews at metronews.ca/music

Britney Spears' driving case dismissed

PEOPLE A judge has dismissed a charge of driving without a licence against pop star Britney Spears, after jurors said they could not reach a verdict and a prosecutor said he would not pursue a re-Spears trial.

The charge stemmed from an August 2007 collision between Spears' vehicle and another car in a Los Angeles parking lot as photographers trailed her.

Prosecutors said Spears had lived in California since May 2006 and was legally required to get a licence from the state.

Her attorney argued she had a licence from her home state of Louisiana and did not legally need a California licence.

REUTERS



IntelleVision

Rick McGinnis

read it at metronews.ca



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10/23/08	2 CFRN 239 318	etalk	Dance	ER "Parental Guidance"	CSI: Crime Scene	Investgtn.	Grey's Anatomy	(N)	News (N)			
	3 KHQ - 370	Be-Millinaire	Jeopardy! (N)	Wheel-Fortune	Raymond	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)		
	4 CBXT - 307	Coronation St.	Jeopardy! (N)	The Nature of Things	(N)	Doc Zone (HDTV)	(N)	CBC News: The National	The Hour			
	6 KREM - 372	News (N)	Hollywood	The Doctors (N)	Survivor: Gabon	Survivor: Gabon	(N)	CSI: Crime Scene	Investgtn.	Eleventh Hour		
	7 CKEM 241 347	Law & Order: SVU	Glam God With Vivica A. Fox	Ugly Betty (N)	Survivor: Gabon	(N)	Friends	Friends	Your City			
	8 CTV 240 339	ET Canada	Entertainment	Life on Mars (HDTV)	(N)	Grosse vie (N)	C.A. (N) (SC)	The Office (N)	SNL Update	News Hour		
	12 CBXFT 119 705	Virginie (SC)	Infoman (SC)	À la recherche de Champlain	Ugly Betty (N)	(N)	Le Téléjournal (N) (SC)	Le Téléjournal (N) (SC)	TJ Alberta			
	13 KXLY - 371	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	Ugly Betty (N)	(N)	Grey's Anatomy (N)	Life on Mars				
	16 KAYU - 373	MLB Baseball: World Series Game 2	— Phillies at Team TBA	Anderson Cooper 360 (HDTV)	Malcolm-Mid.	According-Jim	King of the Hill	The Simpsons	News (N)			
	18 CHTV -	The Insider (N)	El News	Name Is Earl	Kath & Kim (N)	Thrill of the Kill (2006, Suspense)	Shin Appleby.	Globe Trekker (DVS)	Soundstage			
	22 KSPS - 374	NewsHour With Jim Lehrer	Health Matters, TV for Life	Sherlock Holmes Mysteries	Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N)				
	24 WTVS - 364	Ask This Old	Michigan	Red Green	Summer Wine	CBC News: The National	CBC News: The National	Hobbit Enigma				
	15 CBCN 502	CBC News: The National	Hobbit Enigma (N)	EarthWatch One	EarthWatch One	EarthWatch Two	Larry King Live	Cooper 360				
	21 TWN 505 398	(5) EarthWatch One	Anderson Cooper 360 (HDTV)	News	CTV Newsnet	News	CTV Newsnet	News				
	27 CNN 500 500	Larry King Live	Market Call	Headline	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play		
	54 CTVN 501 391	CTV Newsnet	Market Call	Headline	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play		
	70 BNN 504 508	Squeeze Play	Market Call	Headline	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play		
sports	20 TSN 400 400	NHL Hockey	NHL Hockey Edmonton Oilers at Colorado Avalanche	(HDTV) (Live)	SportsCentre	Motoring 2008	Poker Night	Sportsnet Connected (Live)	Best-Sports			
	23 net 408 418	(6) MLB Baseball World Series Game 2	— Philadelphia Phillies at Tampa Bay Rays.	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks — All Out	Pinks — All Out			
	47 SPEED 417 403	Pinks — All Out (HDTV)	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks — All Out	Pinks — All Out	Pinks — All Out			
	94 SCORE 410 403	College Football Auburn at West Virginia, (Live)	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight	Score Tonight			
family	9 EDACC 267 351	Help TV	Old Christine	Old Christine	Medium (N)	Eleventh Hour "Agro"	Help TV					
	14 YTV 552 543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.		
	17 TREE 553 546	Little Bear	Maggie-Beast	Big Comfy	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!		
	42 FOON 555 545	Scooby Doo and the Monster	Planet Sketch	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	The Critic			
	45 FAM 557 541	Zoe 101	Life Derek	Wizards-Raven	That's-Raven	Zack & Cody	Natural-Sadie	Life Derek	Ned's School			
	- TVA 121 714	TVA 18 heures	Le Cercle (SC)	La Fievre de la danse (SC)	Occupation double	Occupation double	Home Improve.	Home Improve.	Reba			
	18 CMT 575 583	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba		
	25 A&E 615 520	The First 48 (HDTV)	The First 48 (HDTV)	Jacked: Theft	Jacked: Theft	The Rookie	The Rookie	The First 48 (HDTV)	The First 48			
	26 MMM 571 581	Reval	Where You At	I Want to Work for Diddy	Party of Five (Part 2 of 2)	Party of Five (Part 2 of 2)	Party of Five (Part 2 of 2)	Spice Girls-Giving	Party of Five			
	29 FOOD 603 561	Unwrapped	Secret Life of	Jamie's Kitchen Australia	Restaurant Makeover	ReGenesis (HDTV)	Challenge	Challenge	Unwrapped			
	31 SHOW 617 522	EastEnders	Spaced	Painkiller Jane	ReGenesis (HDTV)	Daily Planet	Monster Moves	Trailer Park	Saving Grace			
	32 DISC 520 505	Brazil Special 2 (N)	MythBusters	The Biggest Loser	Rich Bride, Poor Bride	Divine Design	House	Confidential	Save Us-House	Divine Design		
	33 SLICE 601 562	X-Weighted	Will & Grace	Friends	LA Ink Motley Crie.	American Chopper	LA Ink Motley Crie.	Without a Trace	Married... With	Engineering		
	34 W 602 567	House	Style by Jury	Will & Grace	Friends	LA Ink Motley Crie.	American Chopper	Without a Trace	Married... With	Engineering		
	35 TLC 521 560	American Chopper (N)	Liberty Stands Still (2002, Suspense)	Bravonews	Law & Order "Agony"	UFC 90 Countdown: Silva	UFC: Access	Married... With	Engineering			
	36 BRAVO 620 523	Liberty Stands Still (2002, Suspense)	Bravonews	Law & Order "Agony"	UFC 90 Countdown: Silva	UFC: Access	Married... With	Engineering				
	38 SPIKE 628 584	THE IMPACT! (HDTV) (N)	NCIS "UnSEALED"	Crime Stories	Crime Stories	Crime Stories	Crime Stories	Lost Worlds	South Park	VIP		
	40 HIST 522 506	Submarine: Mission Imp.	Comedy Now	Air Force	Just for Laughs	Comer Gas	Comer Gas	The Simpsons	South Park	VIP		
	41 COM 626 547	Laughs	Comedy Now	Air Force	Just for Laughs	Comer Gas	Comer Gas	The Simpsons	South Park	VIP		
	43 SPACE 627 528	Battlestar Galactica	Chuck (N)	Chuck (N)	Stargate SG-1 (DVS)	Family Guy	Seinfeld	Lost "Orientation"	Deep Space 9			
	44 WPCW 294 605	Friends	Friends	Steve Harvey	Family Guy	Family Guy	Seinfeld	Rush Hour 2 ** (2001, Action)	Commando			
	46 OLN 411 457	Survivorman	Pilot Guides	Pilot Guides	Pilot Guides	Pilot Guides	Pilot Guides	Don't Forget Your Passport	Commando			
	48 TROP 619 525	Make or Break	Naked Fashion	Beverly Hills, 90210	Make or Break	What Happen?	etalk	Family Guy	Seinfeld			
	50 STAR 621 527	Look-A-Like	In Fashion	The Tonight Show-Jay Leno	TMZ	What Happen?	etalk	The Ellen DeGeneres Show (N)	Hollywood			
	52 HGTV 600 564	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes	George Lopez	The Fix	Disaster DIY	Home to Flip		
	65 TLN 700 800	(6) Umberto D (1952)	Raymond	Raymond	Next! Youth	George Lopez	George Lopez	The Sopranos (SS)	Paid Program			
	92 APTN 269 350	News	Suaguan (N)	Rez Riders	Emily of New Moon	MTV Live	After	The Mask *** (1994, Comedy) Jim Carrey.	Married... With	Engineering		
	93 VISION 261 394	Dave *** (1993, Comedy) Kevin Kline, Frank Langella.	True Life	True Life	MTV Live	After	Man and Wife	The Hills	True Life			
	100 MTW 581 566	EMA	Exiled	True Life	MuchMusic Countdown	Question Period	Prime-Politics	Headline Politics	Get Married			
	101 MMV 570 580	Degrassi: Next	Instant Star	Greek	Question Period	Prime-Politics	Headline Politics	History of Pop Culture	Acoustic			
	102 CPAC 512 396	(6:30) Headline Politics	Mysterious Ways	Cartes	Journal TV5	Café littéraire	History of Pop Culture	History of Pop Culture	Acoustic			
	103 CLT 526 507	Getting Married-Buffalo	Mysterious Ways	Cartes	Journal TV5	Café littéraire	History of Pop Culture	History of Pop Culture	Acoustic			
	105 TV5 145 761	Complément d'enquête	Cartes	Journal TV5	Café littéraire	History of Pop Culture	History of Pop Culture	History of Pop Culture	Acoustic			
	106 RDI 126 730	Le Téléjournal (SC)	RDI en direct sur l'économie	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal		

critics'corner

The Nature of Things

Who wouldn't love his or her own R2-D2 or Rosie from "The Jetsons"? This new episode, "Rodney's Robot Revolution," profiles Rodney Brooks, a professor and expert on artificial intelligence who's on a mission to create a personal robot that ordinary people can actually afford. Brooks believes the human brain and body are machines. And humans know how to build machines, so what's to stop us from building smart ones? David Suzuki hosts. 8 PM on CBXT



Dave "The Prince and the Pauper" gets a populist spin in this 1993 political comedy about an ordinary businessman who fills in for the U.S. president when the commander in chief is incapacitated. Once in office, the double charms everybody — even the president's wife. Kevin Kline plays the dual role. Sigourney Weaver, Frank Langella and Ben Kingsley co-star. 7 PM on VISION

Bridget Moynahan, left, has signed on to co-star with Donnie Wahlberg in a new cop drama from Jerry Bruckheimer for TNT. **E! NEWS ONLINE**

Celebrity Buzz

Passengers sue Lindsay

LEGAL Lindsay Lohan is being sued by three men in an SUV she drove during a car chase leading to her second DUI arrest last year, People.com reports.

The actress was "angry and aggressive" and the men "felt surprise, shock, fear and panic at Lohan's surprising and sudden act" of allegedly commandeering a car in which they happened to be sitting to

chase her personal assistant through the streets of Santa Monica, Calif., according to the lawsuit.

Lohan's attorney, Ed McPherson, tells TMZ.com the lawsuit is "absurd."

The plaintiffs—Ronnie Blake, Jakon Sutter and Dante Nigro—are seeking unspecified damages in the case, filed in Superior Court in Santa Monica.

Although nobody was physically injured, their suit describes a wild, traumatic

ride with Lohan allegedly angry and intoxicated as she went after the other car following a party.

"Dante and Jakon continued to implore Lohan to slow down, stating specifically that she was endangering all of their lives and that they could be killed," the lawsuit says. "Lohan refused to slow or stop, but instead responded with abusive cursing and vulgar language, including a statement that she did not care about the risk of death."

The lawsuit adds: "She also stated that because she was a celebrity she could do whatever she wants."

Following her arrest, Lohan reached a plea deal in the case and spent 84 minutes in jail for DUI.

She also was sued by the passenger in the car she allegedly chased.

METRO NEWS SERVICES

Pink reveals marriage doubt

RELATIONSHIPS Singer Pink reportedly knew her marriage to Carey Hart would never last, because neither of them could handle such a big commitment, femalefirst.co.uk reports.

Pink, who split from motocross star Hart earlier this year after two years of marriage, admits she had her doubts right from the start, even though she was the one who proposed.

"To be honest, even when he said yes I knew

there was a little part of both of us that couldn't handle being married," said the star, whose real name is Alecia Moore. "We did it because we loved each other so much."

We wanted to eat each other all the time we were together, but maybe marriage wasn't ever going to be our thing."

Pink is still struggling to come to terms with their split, adding: "I'm not over it. I love him."

METRO NEWS SERVICES

celebrity brief

Hannigan, hubby expecting their 1st

FAMILY Actress Alyson Hannigan is pregnant, her rep Megan Moss has told People.

The How I Met Your Mother star, 34, and her husband, actor Alexis Denisof, 42, will welcome their first child this spring, People.com reports.

The couple met on the set of Buffy the Vampire Slayer during the 1999-2000 season and were married at the Two Bunch Palms resort near Palm Springs, Calif., on Oct. 11, 2003.

METRO NEWS SERVICES



HELLO! Hot shot of the week



Prince William, 26, and his younger brother Harry, 24, rev up for a gruelling eight-day, 1,500-km motorcycle trek in Africa to raise money for three causes including Harry's own charity, Sentebale, which funds community projects in Lesotho. "It's going to be very challenging," said Harry, "and we're expecting to fall off many a time."

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Dancing's Hough hospitalized

PEOPLE Julianne Hough has been taken to hospital after suffering abdominal pains backstage on Dancing With The Stars, imdb.com reports.

Professional dancer Hough was taken to Los Angeles Cedars-Sinai Medical Center following her performance on the program Tuesday night.

She had been complaining of stomach pains prior to her appearance, but after her dance, with celebri-

ty partner, actor Cody Linley, an ambulance was called to take her to hospital, according to TMZ.com.

"She was experiencing slight stomach pains all day that increased and the doctors thought it was best to have them checked out," her representative Cindy Guagenti tells Access Hollywood.

Contrary to earlier reports, Hough did not collapse, her spokesperson added.

METRO NEWS SERVICES



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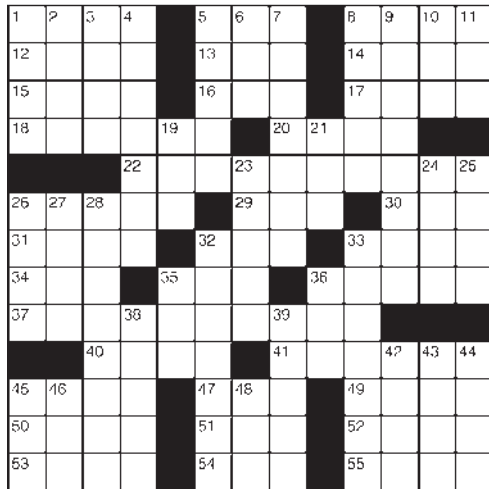
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Take Five



Crossword across

- 1 Long cut
- 5 Scrooge's cry
- 8 Treaty
- 12 Ready for the picking
- 13 Leading lady?
- 14 Perjurer
- 15 Concept
- 16 Author Fleming
- 17 Set of "Risk" tokens
- 18 Mark over a long vowel
- 20 Catnap
- 22 Trophy wife's partner
- 26 Speak like 51-Across
- 29 Central
- 30 100 square meters
- 31 Unctuous
- 32 Carton
- 33 Circulate
- 34 Praiseful poem
- 35 Entertainment
- 36 Horn noises
- 37 Britney and Christina, e.g.
- 40 Suspended
- 41 Spoof
- 45 Bridge
- 47 Part of UCLA
- 49 Responsibility
- 50 Teller's partner
- 51 Farm female
- 52 Elevator man
- 53 Bohemian
- 54 Gender
- 55 Zilch

Crossword down

- 1 Gloomy
- 2 Verdi opera
- 3 Detail, for short
- 4 Inadmissible testimony of a sort
- 5 Existence
- 6 Ms. Gardner
- 7 Woodstock headliner
- 8 Shopping center
- 9 Black-and-tan terrier
- 10 Rotating part
- 11 Attempt
- 19 Chic no more
- 21 Peculiar
- 23 Surrounded by
- 24 Let fall
- 25 Some evergreens
- 26 Not-so-ugly Betty
- 27 Beach resort
- 28 GOP symbol
- 32 Messes up
- 33 Decorate
- 35 Half a sawbuck
- 36 Support system?
- 38 Optimistic
- 39 New Jersey county
- 42 Digging
- 43 Destruction
- 44 Latin 5-Down
- 45 Masseur's workplace
- 46 Apiece
- 48 Have bills

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	8	9	5	4	3	1	2	6
1	2	5	7	9	6	8	3	4
6	4	3	8	2	1	9	7	5
3	6	2	9	8	4	7	5	1
5	9	7	1	3	2	6	4	8
8	1	4	6	5	7	2	9	3
2	7	8	3	6	5	4	1	9
9	3	1	4	7	8	5	6	2
4	5	6	2	1	9	3	8	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
- 13-17 minScholar
- 17-21 minSmart
- 21-25 minNot bad
- 25+ minKeep practising

Recipe of the day



Piquant Pasta and Tuna Salad

INGREDIENTS:

- 8 oz (250 g) pasta twists or spirals, such as cavatappi, fusilli or rotini
- 2 tbsp (25 mL) olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 2 zucchini, thinly sliced
- 2 tsp (10 mL) sugar
- 2 tbsp (25 mL) commercially prepared red or green pesto sauce
- 1 tbsp (15 mL) white or red wine vinegar
- 1 tbsp (15 mL) capers
- 6 tomatoes, halved and cut in to thin wedges
- 1 can (6 oz/170 g) water-packed solid white tuna, drained and roughly flaked
- 6 black olives, pitted and halved
- Garnish: Fresh flat-leaf parsley

- 2. While pasta is cooking, heat 1 tbsp (15 mL) oil in a saucepan. Add onion and garlic, and sauté for 3 minutes, stirring often. Add remaining oil and zucchini and cook, stirring occasionally, for 3 minutes.
- 3. Add sugar, pesto, vinegar and capers to onion and zucchini. Heat for a few seconds, stirring until ingredients have combined to form a dressing. Stir in tomatoes, then transfer the mixture to large mixing bowl and set aside to cool.
- 4. Add drained pasta to the bowl. Gently mix in tuna and olives. Serve garnished with flat-leaf parsley leaves, if desired.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



METHOD:

- 1. Cook pasta according to package instructions, until al dente. Drain well, rinse with cold water, and drain again.

Horoscopes

ARIES
MARCH 21-APRIL 20
Someone cares deeply for you. A clever female makes the rounds. Giving special treatment to someone will become important.

LIBRA
SEPT 23-OCT 23
Prepare to learn more about a critical person. Get rid of conflict by following the rules. A colleague has a dispute about a plan.

TAURUS
APRIL 21-MAY 21
You can help others fulfill their ambitions. Avoid alienating a brilliant leader. Fine people will create turmoil by the book.

SCORPIO
OCT 24-NOV 22
Research is hindered by private stuff behind the scenes. A reluctant person is an authority at work. A fool has to talk about ending a state of affairs.

GEMINI
MAY 22-JUNE 21
Provide a rational explanation for a rebellious deed. Get somebody involved to facilitate a change. Look forward to fun and laughter.

SAGITTARIUS
NOV 23-DEC 21
Someone's gaze is more than you can bear. Certain dangerous things don't appeal to you. A young man makes time for happy news.

CANCER
JUNE 22-JULY 22
Seize the moment to admit you were wrong. A mild-mannered male wants to tell the truth. A miraculous attitude change inspires rewards at work.

CAPRICORN
DEC 22-JAN 20
Be thankful for a friend's hard luck. Don't underestimate the ingenuity of a woman. A newcomer has a good reason to celebrate.

LEO
JULY 23-AUG 23
Prepare to take action when confronted. Identify those who'll stand with you in bad times. A poverty-stricken man makes a vague request.

AQUARIUS
JAN 21-FEB 18
A mystery is solved when a phenomenon occurs. Concerned friends may not complain of poor treatment. Don't convince a friend he's wrong.

VIRGO
AUG 24-SEPT 22
Someone's cynicism becomes apparent. Examine things that make you anxious. Congratulate a geeky man for persisting.

PISCES
FEB 19-MARCH 20
Bondage to an outworn fantasy begins to ease. Get your paperwork done before a playful encounter. An impatient man looks for the source of a problem.

enjoy Halloween
in our pumpkin patch!

giftware
floral designs
pumpkins

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This day in history

- OCT. 23, 4004 BC: Creation of the world begins, according to the calculations of Archbishop James Ussher, but on the sunset of the preceding day.
- OCT. 23, 1694: American colonial forces, led by Sir William Phipps, fail to seize Quebec.
- OCT. 23, 1867: 72 Senators are summoned by Royal Proclamation to serve as the first members of the Canadian Senate.
- OCT. 23, 1917: Lenin calls for the October Revolution.
- OCT. 23, 1930: The first miniature golf tournament was completed in Chattanooga, Tenn.
- OCT. 23, 2001: Apple releases the iPod.

METRO NEWS SERVICES

WORDY GURDY

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